



FLORIDA STATE UNIVERSITY  
COLLEGE OF HEALTH AND HUMAN SCIENCES  
*Institute of Sports Sciences and Medicine*

## Research Statement for Institute of Successful Longevity

Kyle A. Smith, PhD, RD, November 15<sup>th</sup>, 2023

Dear ISL Joint Advisory Board,

I am an assistant professor in the Department of Health, Nutrition, and Food Sciences, with a laboratory operating out of the Institute of Sports Sciences and Medicine. The primary focus of my research is to better understand how lifestyle factors (e.g., diet, physical activity, stress) influence immune cell function. I received formal clinical training within hospitals while pursuing the credential of registered dietitian (RD) and formed many of my research interests during my time in intensive care units, cardiac-rehab wings, and outpatient oncology settings. I have designed and conducted studies on immune cell mobilization in humans that have translated into animal tumor models, established how acute bouts of exercise enhance immune responses to SARS-CoV-2, and worked alongside the National Aeronautics and Space Administration (NASA) to implement countermeasures for immune system maintenance in the context of psychological stress and spaceflight. In exploring these topics, I have developed a unique repertoire of laboratory skills that enable me to implement intervention studies aimed at improving immunological function in a variety of populations.

I am by training a multidisciplinary scientist, having received education and research experience in the fields of nutrition, exercise physiology, and immunology. I believe integrating these aspects of human health will be critical to improving our understanding of the aging process and promoting optimal extension of life. Collaborations are already in place to investigate how neuroimmune interactions may be promoting chronic inflammatory processes, which contribute to declines in physical and mental function. I also have a strong interest in using diet and exercise to bolster vaccination responses, which may yield highly impactful recommendations for older adults. I believe that many of my future investigations will be directly aligned with the mission of the Institute of Successful Longevity, and that additional, unforeseen collaborations may spring from the privilege of joining the Institute. Thank you for your consideration and I look forward to joining the world-class faculty within the Institute of Successful Longevity.

Sincerely,

*Kyle A. Smith*

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